

## THE IMPACT OF YOGA ON THE RELAXATION PROCESS AS AN EFFORT TO MINIMIZE THE ANXIETY LEVEL OF PREGNANT WOMEN IN BIDAN MANDIRI CLINIC, MEDAN, INDONESIA

Sri Yunita Perangin-Angin<sup>1</sup>, Faija Sihombing<sup>1</sup>

<sup>1</sup>Lecturer in Midwifery Academy of Audi Husada Medan, Indonesia

**ABSTRACT:** *Anxiety in pregnant women is not addressed, so much research done to find a safe way to reduce anxiety include exercise during pregnancy, social support, and yoga. This study aims to analyze the impact of yoga on relaxation process as an effort to minimize the anxiety level of Pregnant Women Bidan Mandiri Clinic, Medan. This research is quantitative using quasi experimental method without control group with One Group Pre Test-Post Test Design approach. The design uses only one sample group that is observed twice, answering the questionnaire before the experiment is called pre test and answering the questionnaire after the experiment is called the post test with a total sample of 30 people. The results of the study is the implementation of pregnant women's yoga with the highest percentage, as many as 17 people (56.67%) regular category. Implementation of yoga with the category often, as many as 10 people (33.33%) and the implementation of yoga with irregular categories as much as 3 people (10.00%). Furthermore, the distribution of pregnant woman's anxiety level with low category were 21 people (70.00%), pregnant mother's level of moderate category was 6 people (20%) and high maternal anxiety level of 3 people (10.00%) . Distribution of the Impact of Yoga on Relaxation Process with low level of pregnant women, 21 people (100.00%) are known pregnant women with Regular Yoga Implementation, 13 people (61.90%), pregnant mother with Frequent Yoga Activity 6 people (28.57%), and pregnant women with Implementation of Irregular Yoga, as many as 2 people (9.52%). Distribution of Impact of Yoga on Relaxation Process with Anxiety Level of Pregnant Women in moderate category, as many as 6 people (100.00%) are known pregnant women with Regular Yoga Implementation, as many as 2 people (33.33%), pregnant mother with Implementation of Yoga Often, 3 people (50.00%), and pregnant women with Implementation of Irregular Yoga, as many as 1 person (16.67%). While the distribution of Yoga Impact on Relief Procedure with High Level of Anxiety pregnant women as much as 3 people (100.00%) known pregnant women with Regular Yoga Implementation, as many as 2 people (66.67%), pregnant mother with Implementation Yoga Often, 1 (33.33%), and no pregnant women with irregular Yoga Implementation where statistical test results (chi-square test) obtained  $p = 0,000$  ( $p > 0,05$ ). The value of coefficients partially is as follows: The value oft count Yoga Impact variable is 9.339 and  $t$  table value of 1.669 then the value of  $t$  count  $> t$  table ( $9,339 < 1,669$ ) with the provision of sig  $< 0,05$  ( $0,000 < 0,05$ ), so it can be concluded that the impact of Yoga partially significant effect on the Relaxation Process as an Effort to Minimize Anxiety Level of pregnant women in midwife field independent clinics that is equal to 9,339*

**KEYWORDS:** *yoga; relaxation; anxiety level; pregnant mom*

## INTRODUCTION

Maternal Mortality Rate (MMR) is one of the benchmarks to assess the health status of women in a country. Indonesia Health Demographic Survey (SDKI) in 2012 shows that Indonesia's Maternal Mortality Rate (AKI) reaches 359 per 100,000 live births, while the government targets Millennium Development Goals (MDG's) in 2015 to 108 per 100,000 live births. According to the health profile of the year 2013 recorded Maternal Mortality Rate (MMR) which until now recorded there are 40 cases .

The high maternal mortality rate (MMR) and infant mortality rate (AKB) in Indonesia is caused by bleeding, eclmasia, unsafe abortion, old partus and infection (Sadli, 2010). The old partus is caused by five kinds of factors (5P abnormalities): power (power that pushes the fetus out), passenger (fetal abnormalities itself), passage (abnormal size or shape of the pelvis / birth canal), maternal psychological and birth attendant (Marta adisoabrata et al, 2013). In addition to these five factors, maternal psychological factors are very influential from the support of husband and other family members to accompany the mother during delivery and birth, will greatly help the comfort of the mother (Rukiyah, 2009).

Prospective mothers who first experience a pregnancy usually experience excessive worries in connection with the proximity of the time of birth. The labor process often involves psychological aspects causing psychological problems for the mother, one of which is anxiety (Huberty et al, 2014). A number of fears and anxieties usually occur in the third trimester of pregnancy, the expectant mother begins to show fear of the baby and herself around the birth and changes in the role of mother (American Collage of Obstetricians and Gynecologists Committee on Obstetrics, 2010).

The impact of anxiety during pregnancy affects the physical and psychological mothers and fetus it contains, such as causing physical disability and the decline of potential intelligence and mental and emotional aspects (Sijingga, 2010). Anxiety and stress can disrupt the growth of the fetus causing premature birth, the baby's weight is smaller than the normal baby, even miscarriage or when the adult child has learning difficulties, hyperactivity and even autism (Maimunah, 2011; Ariep, 2008; Bonny & Mila, 2011 ). If anxiety in pregnant women is not addressed, many researches done to find a safe way to reduce anxiety include exercise during pregnancy, social support, and yoga. One of the interventions that proved effective in reducing anxiety is yoga, where yoga is done in a comfortable position and does not endanger the mother, breathing techniques and mild movements and concentration make yoga effective in reducing worry (Arindra, 2010; Lekkireddy et al, 2013).

One of the goals of prenatal care is a physiological pregnancy and delivery with a healthy mother and child. This natural and smooth labor can be achieved if the uterus contracts well, rhythmically and strongly with the lower segment of the uterus, cervix, and pelvic floor muscles in a relaxed state, allowing the baby to easily pass through the birth canal. This condition can be achieved with the help of the pregnant woman itself which is the perfect calm and body relaxation (Setyorini et al, 2007). In addition prenatal yoga classes can be a means to socialize with fellow pregnant women. Mothers can share stories and experiences with other pregnant women who can support during pregnancy. Of course pregnant women should also keep in mind the intake of nutritious foods in addition to exercise for pregnancy can run smoothly and healthy. In order to be useful and can be

an alternative exercise for pregnant women. (Source: mayoclinic.com and baby center.com). Some of these are physical exercises that can be performed before, during, and after pregnancy. The exercises are basically aimed at nourishing the mother and fetus if done appropriately. Psychophysiology is science related to physical and psychological. A pregnant woman with a normal pregnancy or no contraindications should be supported to carry out physical exercise with moderate intensity to benefit during pregnancy and labor (Husin, 2013).

## METHODOLOGY

This research is quantitative using quasi experimental method without control group with One Group Pre Test-Post Test Design approach. This design uses only one sample group that is observed twice that answer the questionnaire before the experiment is called pre test and answer the questionnaire after the experiment is called post test with the amount of sample 30 people with the aim of analyzing the impact of yoga on relaxation process as an effort to minimize the anxiety level of pregnant mother in Bidan Mandiri Clinic, Medan.

## DISCUSSION

Distribution of pregnant women's yoga implementation with the highest percentage, as many as 17 people (56.67%) regular category. Implementation of yoga with the category often, as many as 10 people (33.33%) and the implementation of yoga with irregular categories as much as 3 people (10.00%). Furthermore, the distribution of pregnant woman's anxiety level with low category were 21 people (70,00%), pregnant mother's anxiety level with moderate category 6 people (20%) and high maternal anxiety level of 3 people (10.00%).

Distribution of the Impact of Yoga on Relaxation Process with anxiety level of pregnant women Low category, as many as 21 people (100,00%) known pregnant mother with Regular Yoga Implementation, 13 people (61,90%), pregnant mother with Implementation of Yoga Often, as many as 6 people (28.57%), and pregnant women with Implementation of Irregular Yoga, as many as 2 people (9.52%). Distribution of Impact of Yoga on Relaxation Process with Anxiety Level of Pregnant Women in moderate category, as many as 6 people (100,00%) are known pregnant women with Regular Yoga Implementation, as many as 2 people (33,33%), pregnant mother with Implementation of Yoga Often, 3 people (50.00%), and pregnant women with Implementation of Irregular Yoga, as many as 1 person (16.67%). While the distribution of Yoga Impact on Relief Procedure with High Level of Anxiety pregnant women as much as 3 people (100,00%) known pregnant women with Regular Yoga Implementation, as many as 2 people (66,67%), pregnant mother with Implementation Yoga Often, 1 (33.33%), and no pregnant women with irregular Yoga Implementation where statistical test results (chi-square test) obtained  $p = 0,000$  ( $p > 0,05$ ).

The value of coefficients partially is as follows: The value of t count Yoga Impact variable is 9.339 and the value of t table is 1.669 then the value of  $t_{count} > t_{table}$  ( $9,339 > 1,669$ ) with the provision of  $sig < 0,05$  ( $0,000 < 0,05$ ), so it can concluded that the impact of Yoga partially significant effect on Relaxation Process as Efforts to Minimize Anxiety Level Pregnant Women in Bidan Mandiri Clinic, Medan that is equal to 9,339.

## CONCLUSION

Research on the impact of yoga on the relaxation process as an Effort to Minimize Maternal Anxiety level is found most of the knowledge level is good, therefore the government of Medan in Bidan Mandiri Clinic can provide more information about the impact of yoga and relaxation process as an effort to overcome maternal anxiety level. The impact of yoga on the relaxation process as an Effort to Minimize Maternal Anxiety Level is mostly the number of samples is still small, therefore the researcher suggests for the next researcher can do research to the wider aspects, then develop the variables that have not been studied, using a more complete method to perfect this research.

## REFERENCES

- Ai Yeyeh, dkk, 2011. *Asuhan Kebidanan I*. Jakarta : Penerbit Trans Info Media
- Asrinah, dkk., 2010. *Asuhan Kebidanan Masa Kehamilan*. Yogyakarta : Penerbit Graha Ilmu.
- Domin, D.S., 2010, A Review of Laboratory Instruction Styles, *Journal Chemical Education*, 76 : 543
- GAVI, 2014, *Buku Ajar Kesehatan Ibu Dan Anak*. Jakarta : Pusat Pendidikan dan Pelatihan Tenaga Kesehatan
- Notoatmodjo, Soekijo. 2010. *Metodologi Penelitian Kesehatan*. Jakarta: Penerbit Gramedia Pustaka Utama.
- Pelayanan Senam dan Yoga Ibu Hamil, 2015. <http://www.informasi pendidikan.com/2015/04>  
Sumber: mayoclinic.com dan babycenter.com
- SENAM YOGA UNTUK IBU HAMIL, 28 April 2016  
<http://www.informasi-pendidikan.com/2015/04/yoga-untuk-ibu-hamil.html>  
<http://parentsindonesia.com/article.php?type=article&cat=pregnancy&id=473>